

# GPDR/R Worksheet

<p><b>GOAL</b></p> <ul style="list-style-type: none"><li>• Meaningful</li><li>• Doable</li><li>• Little bit challenging</li></ul>			
<p><b>PLAN</b></p> <ul style="list-style-type: none"><li>• WHAT I'll do</li><li>• DATE and TIME</li><li>• WHERE &amp; HOW I'll get there</li><li>• WHAT I need to take with me</li></ul> <ul style="list-style-type: none"><li>• Plan ahead for things that might get in the way:</li></ul>	<p><b>To Do #1</b></p>	<p><b>To Do #2</b></p>	<p><b>To Do #3</b></p>
<p><b>DO</b></p> <ul style="list-style-type: none"><li>• My supports</li><li>• Reminders</li><li>• Stay focused</li><li>• Check in</li></ul>	<p>If</p> <p>Then, <b>I will</b></p> <p>My reward for success:</p>		
<p><b>REVIEW/REVISE</b></p> <ul style="list-style-type: none"><li>• What went well</li><li>• Problems</li><li>• What I learned</li><li>• What next?</li></ul>			